



HEALTHY HORIZONS

Weight Management & Lifestyle Choice

JOIN US FOR OUR APRIL MEETINGS:

April 4

April 18

CONFIDENTIAL
BI-WEEKLY WEIGH-IN
5:30 - 6:00 pm

@ *Cottonwood Medical
Clinic*

Attend any or all sessions
DROP-INS WELCOME

Registration

\$13 Initial Fee

\$5 Subsequent Sessions

Facilitators

Becky Ewing, RN, CDE

Kevin Conger, DTR

SEVERAL WEIGHT LOSS
OPTIONS TO MEET YOUR NEEDS

All ages & both Genders welcome

St. Mary's
Hospital and Clinics | Cottonwood, Idaho

Also
Offered every other
Tuesday at the Kamiah
Medical Clinic